



Class Timetable September - December 2020

Day	Time	Class	Instructor
Monday	08.30 - 08.50	Advanced Mindfulness (online)	Shalini
	09.30 - 10.30	Bootcamp (face to face)	Beccy
	10.45 - 11.45	Senior Bootcamp (face to face)	Liane
Tuesday	08.30 - 08.50	Beginners' Mindfulness (online)	Shalini
Wednesday	08.30 - 08.50	All levels Mindfulness (online)	Shalini
	18.45 - 19.45	Bootcamp (online)	Beccy
	19.00 - 20.00	Yoga Vinyassa (online)	Amelia
Thursday	09.30 - 10.30	Bootcamp (face to face)	Beccy
	10.45 - 11.45	Senior Bootcamp (online)	Beccy
Sunday	09.00 - 09.45	Barre (online)	Amelia